

Shigella

WHAT ARE THE SYMPTOMS?

Diarrhea,
often bloody

Stomach
cramps

Fever

IF YOU HAVE VOMITING OR DIARRHEA...

Don't make food for other people.

Don't go to work as a food handler, child care worker, or health care worker. Kids shouldn't go to school or daycare when they have diarrhea.

Check with your doctor or the health department about when it is safe to go back to work, school, or daycare.

STAYING SAFE

Don't touch
poo or
anything
that has poo
on it

Help children
wash hands
with soap and
water
frequently

Wash hands with soap
and water before
preparing or eating food
and after using the
bathroom or changing a
diaper

WHAT IS SHIGELLA?

Shigella is a germ that causes stomach illness and diarrhea. Some people get so sick they need to see a doctor or are hospitalized.

HOW CAN I GET SICK?

Humans carry Shigella in their bellies and poo. Animals (except primates like monkeys) do not carry Shigella. If you have Shigella, you can very easily give it to someone else.

Close contact with someone who has Shigella

Food or water that has been contaminated by someone with Shigella

Touching something that was contaminated with Shigella, then put your hand or the object in your mouth

WHO IS MOST AT RISK?

Anyone can get shigella, but people who are pregnant, young children, the elderly, and people who get sick easily are most at risk.



More Info



AZ Department of Health
Services
www.azhealth.gov
<http://www.cdc.gov/shigella>



ARIZONA DEPARTMENT
OF HEALTH SERVICES